



CLASS SCHEDULE FOR THE 2010/2011 DANCE YEAR (as of August 18, 2010 – subject to change)

Dance year runs September 17, 2010 through June 11, 2011.

Thank you for your interest in the Cincinnati Dance and Movement Center. **Please refer to this sheet for the classes we offer for our 2010/2011 Dance Year, which runs September 17, 2010 through June 11, 2011.** Please keep in mind that the student must be a match in level as well as age. In many cases, the ages listed are simply guidelines, as students are placed with more consideration given to their level than their age. If you are not sure of your level or the type of class you'd like, you are welcome to participate in a few different classes you are considering to find the appropriate match.

Also please keep in mind that it usually takes two years or more to move up a level. It is not expected for a student to move up an entire level each year. In their first year at a level, students are getting familiar with the technique and steps at that level. It usually takes another year or two to gain full mastery of those skills.

Please note that although there are "adults only" and "boys only" classes listed, that does not preclude adults or boys from enrolling in our other classes. Adults may enroll in any class of the appropriate level that say "teens and adults" or "and up" in the age description. Likewise, boys may enroll in any class of the appropriate age and level – they are not limited to "boys only" classes. We are offering "adults only" and "boys only" classes because we realize that adults are sometimes more comfortable in an adults-only setting, and likewise, boys may be more comfortable participating in dance in a "boys only" setting.

To join our Show Team, the Cincinnati Dance Crew, students must have prior training (no beginners) and be at least in Kindergarten. Team members are grouped by age and level, and range from age 5 to 18. New members may join our Show Team by teacher invitation or by an informal class audition. Please contact us at 521-8462 if interested. Membership on our Competition Team, the Cincinnati Dance All-Stars, was by formal auditions, which were held in July. **To find out more about our Show Team or our Competition Team, please call the studio at 521-TINA to request a Team packet. Please note that classes that are exclusively for team members are not listed on this sheet.**

Please let us know if you are interested in a class you don't see listed – we may add it to meet demand. **If you have questions about our 2010/2011 Schedule, please call the Cincinnati Dance and Movement Center at 521-8462.**

PRESCHOOL DANCE CLASSES

Beginning Basic Movement – preschool age 3 to 5 – Teacher: Ms. Mary/Ms. Sarah – **Monday 10:00 to 10:30 AM**

Beginning Basic Movement – preschool age 3 to 4 – Teacher: Ms. Sarah – **Tuesday 6:45 to 7:15 PM**

Beginning Basic Movement – preschool age 3 to 4 – Teacher: Ms. Mary – **Thursday 5:00 to 5:30 PM**

Beginning Basic Movement for Boys – preschool age 3 to 5 BOYS ONLY (Boys may also take any of our other Basic Movement Classes.) – Teacher: Ms. Melissa – **Thursday 6:00 to 6:30 PM**

Basic Movement II – preschool age 4 to 5 (4-year-olds must have at least one year of dance training; Beginner 4-year-olds should enroll in Beginning Basic Movement) – Teacher: Ms. Melissa – **Tuesday 6:30 to 7:00 PM**

Basic Movement II – preschool age 4 to 5 (4-year-olds must have at least one year of dance training; Beginner 4-year-olds should enroll in Beginning Basic Movement) – Teacher: Ms. Mary – **Thursday 6:30 to 7:00 PM**

BALLET CLASSES

Ballet I – Kindergartners – Teacher: Ms. Mary/Ms. Sarah – **Monday 10:30 to 11:00 AM**

Ballet I – K to 2nd grade – Teacher: Ms. Mary – **Thursday 5:30 to 6:00 PM**

Ballet I – 1st to 3rd grade – Teacher: Ms. Shawn/Ms. Michele – **Wednesday 6:15 to 6:45 PM**

Ballet II – 3rd grade & up – Teacher: Ms. Sarah – **Tuesday 4:30 to 5:15 PM**

Ballet I & II – 6th grade & up, adults welcome (This is a condensed class for the older beginner, covering material in Ballet I AND Ballet II) – Teacher: Ms. Melissa – **Thursday 5:15 to 6:00 PM**

Ballet III & IV – 5th grade & up, adults welcome (If under age 12, must have at least three years of ballet training and teacher's permission to be in Level III or IV; otherwise, Ballet I, Ballet II, or Ballet I & II is recommended. Please ask if unsure of level.) – Teacher: Ms. Mary Anne – **Monday 5:00 to 6:30 PM**

Ballet V & VI – 8th grade & up, adults welcome (If under age 12, must have at least five years of ballet training and teacher's permission to be in Level V or VI; otherwise, Ballet I, Ballet II, Ballet I & II, or Ballet III & IV is recommended. Please ask if unsure of level.) – Teacher: Ms. Mary Anne – **Monday 6:30 to 8:30 PM**

Pointe Class – By invitation; must be in Ballet Technique VI – Teacher: Ms. Mary Anne – **Monday 8:30 to 9:00 PM**

TAP CLASSES

Tap I – Kindergartners – Teacher: Ms. Mary/Ms. Sarah – **Monday 11:00 to 11:30 AM**

Tap I – K to 2nd grade – Teacher: Ms. Mary – **Thursday 6:00 to 6:30 PM**

Tap I – 1st to 3rd grade – Teacher: Ms. Shawn/Ms. Michele – **Wednesday 6:45 to 7:15 PM**

Tap Class for Boys – 2nd to 5th grade BOYS ONLY (Boys may also take any of our other Tap Classes) – Teacher: Ms. Melissa – **Thursday 6:30 to 7:15 PM**

Tap II – 3rd grade & up – Teacher: Ms. Sarah – **Tuesday 5:15 to 6:00 PM**

Tap I & II – 6th grade & up (This is a condensed class for the older beginner, covering material in Tap I AND Tap II) – Teacher: Ms. Melissa – **Thursday 4:30 to 5:15 PM**

Tap III (this class level is between II and Intermediate) – 5th grade and up (5th graders must have at least three years of tap training; 6th & up at least two years of tap training; otherwise Tap II or Tap I & II is recommended) – Teacher: Ms. Melissa – **Thursday 7:15 to 8:00 PM**

Intermediate Tap – 4th grade & up (must have at least four years of tap training and teacher's permission) – Teacher: Ms. Tina – **Wednesday 4:30 to 5:15 PM**

TAP CLASSES (continued)

Advanced Tap – teens and adults (must have at least six years of tap training and teacher's permission) – Teacher: Ms. Tina –

Wednesday 8:45 to 9:30 PM

Beginning Tap for Adults – Teacher: Ms. Tina – **Wednesday 5:15 to 6:00 PM**

Intermediate Tap for Adults – Teacher: Ms. Tina – **Wednesday 7:15 to 8:00 PM**

JAZZ CLASSES

Beginning Jazz – K to 2nd grade – Teacher: Ms. Mary – **Thursday 7:00 to 7:45 PM**

Beginning/Intermediate Jazz – 3rd to 6th grade – Teacher: Ms. Mary – **Thursday 7:45 to 8:30 PM**

Beginning Jazz for Adults (some hip-hop will be incorporated) – Teacher: Ms. Melissa – **Tuesday 8:30 to 9:15 PM**

Intermediate Jazz Technique (will focus on turns, leaps, and kicks) – 5th grade & up (Students in this class must take the 5:15 stretching class so they are prepared to go into the material without risk of injury) – Teacher: Ms. Amanda – **Wednesday 6:15 to 6:45 PM**

Advanced Jazz Technique (will focus on turns, leaps, and kicks) – teens and adults (Students in this class must take the 6:00 stretching class so they are prepared to go into the material without risk of injury) – Teacher: Ms. Amanda – **Wednesday 6:45 to 7:15 PM**

HIP-HOP CLASSES

Hip-Hop I (some jazz will be incorporated) for 1st to 3rd grade – Teacher: Ms. Melissa – **Tuesday 7:00 to 7:45 PM**

Hip-Hop II (some jazz will be incorporated) for 4th to 7th grade – Teacher: Ms. Melissa – **Tuesday 7:45 to 8:30 PM**

Beginning/Intermediate Hip-Hop for Teens & Adults (some jazz will be incorporated) – Teacher: Ms. Melissa – **Thurs. 8:00 to 8:45 PM**

Advanced Hip-Hop (some jazz will be incorporated) – teens and adults – Teacher: Ms. Amanda – **Wednesday 7:15 to 8:00 PM**

LYRICAL/CONTEMPORARY CLASSES

Beginning Lyrical/Contemporary – 4th grade & up with ballet training, adults welcome – Teacher: Ms. Sarah – **Tues. 6:00 to 6:45 PM**

Intermediate Lyrical/Contemp. – 6th grade & up with ballet training, adults welcome – Teacher: Ms. Sarah – **Tuesday 7:15 to 8:00 PM**

Advanced Lyrical/Contemporary – teens and adults with ballet training – Teacher: Ms. Sarah – **Tuesday 8:00 to 8:45 PM**

TUMBLING CLASSES

Tumbling – Kindergarten to 2nd grade girls and boys – Teacher: Ms. Amy – **Monday 5:45 to 6:15 PM**

Tumbling for Boys – 1st to 4th grade BOYS ONLY (Boys may also take any of our other Tumbling Classes) – Teacher: Ms. Amy – **Monday 6:15 to 6:45 PM**

Tumbling – 3rd to 5th grade girls and boys – Teacher: Ms. Amy – **Monday 7:00 to 7:45 PM**

Tumbling – 6th grade & up (Teens and adults welcome if can't make the 7:45 class) – Teacher: Ms. Amy – **Monday 5:00 to 5:45 PM**

Tumbling – Teens and Adults – Teacher: Ms. Amy – **Monday 7:45 to 8:30 PM**

Please note – Tumbling classes include all levels. Students work at the appropriate level toward personalized goals.

EXERCISE CLASSES

Centering Movement for Adults (Gentle exercise class for **all fitness levels**, including those with limited mobility) – Teacher: Ms. Sandy – **Tuesday 5:00 to 5:45 PM**

Health Play Level One for Adults (Exercise class incorporating play and games for **all fitness levels**, slightly more demanding than Centering Movement Class) – Teacher: Ms. Sandy – **Tuesday 5:45 to 6:30 PM**

Health Play Level Two for Adults (Exercise class incorporating play and games for the **moderately fit**) – Teacher: Ms. Sandy – **Tuesday 6:30 to 7:15 PM**

Stretching and Mobility for Adults (Exercise class with a focus on increasing flexibility, strength, and mobility for the **moderately to highly fit**) – Teacher: Ms. Sandy – **Tuesday 7:15 to 8:00 PM**

Stretching and Mobility for 5th grade and up (Exercise class with a focus on increasing flexibility, strength, and mobility for the **highly fit** – think of this as flexibility “boot camp.” This class (or the 6:00 class) is required for all students in the Intermediate Jazz Technique Class, and is open to other students as well.) – Teacher: Ms. Sandy – **Wednesday 5:15 to 6:00 PM**

Stretching and Mobility for teens and adults (Exercise class with a focus on increasing flexibility, strength, and mobility for the **highly fit** – think of this think of this as flexibility “boot camp.” This class (or the 5:15 class) is required for all students in the Advanced Jazz Technique Class, and is open to other students as well.) – Teacher: Ms. Sandy – **Wednesday 6:00 to 6:45 PM**

BOYS-ONLY CLASSES

Tumbling for Boys – 1st to 4th grade BOYS ONLY – Teacher: Ms. Amy – **Monday 6:15 to 6:45 PM**

Beginning Basic Movement for Boys – preschool age 3 to 5 BOYS ONLY – Teacher: Ms. Melissa – **Thurs. 6:00 to 6:30 PM**

Tap Class for Boys – 2nd to 5th grade BOYS ONLY – Teacher: Ms. Melissa – **Thursday 6:30 to 7:15 PM**

Please note – Boys are welcome in any of our other classes of the appropriate level and age and are not limited to our “boys only” classes.

ADULTS-ONLY CLASSES

Centering Movement for Adults (Gentle exercise class for **all fitness levels**, including those with limited mobility) – Teacher: Ms. Sandy – **Tuesday 5:00 to 5:45 PM**

Health Play Level One for Adults (Exercise class incorporating play and games for **all fitness levels**, slightly more demanding than Centering Movement Class) – Teacher: Ms. Sandy – **Tuesday 5:45 to 6:30 PM**

Health Play Level Two for Adults (Exercise class incorporating play and games for the **moderately fit**) – Teacher: Ms. Sandy – **Tuesday 6:30 to 7:15 PM**

Stretching and Mobility for Adults (Exercise class with a focus on increasing flexibility, strength, and mobility for the **moderately to highly fit**) – Teacher: Ms. Sandy – **Tuesday 7:15 to 8:00 PM**

Beginning Jazz for Adults (some hip-hop will be incorporated) – Teacher: Ms. Melissa – **Tuesday 8:30 to 9:15 PM**

Beginning Tap for Adults – Teacher: Ms. Tina – **Wednesday 5:15 to 6:00 PM**

Intermediate Tap for Adults – Teacher: Ms. Tina – **Wednesday 7:15 to 8:00 PM**

Please note – The above listed classes are the only classes exclusively for adults, but many of our other classes are open to adults as well.

Please call us at 521-8462 with any questions about classes or scheduling. We'd be happy to provide more in-depth information.